

(The Monroe Institute Bulletin, March 1986)

AWAKE & ALERT RESULTS

In the fall of last year (1985), many members of The Monroe Institute® received a Hemi-Sync® cassette tape titled *Awake & Alert* for test purposes. *Awake & Alert* is designed to rouse those who have become drowsy. The Hemi-Sync patterns on the tape are powerful; the Institute believed 30 seconds to 2 minutes of the tape would be sufficient to bring the listener to a wide-awake state.

The results of the test seem to confirm our expectations. Of the 774 people who used the tape and reported back to us, 190 (24% of the total) indicated “Awake & Alert” was effective 100% of the time; 352 (45%) said it was effective 75% of the time; 117 (15%) reported the tape was effective 30% of the time; 70 (9%) said it had no effect, and the remaining 45 people (7%) indicated uncertainty as to effect.

The Institute would like to thank those of you who took the time and effort to respond to our field test. To date, *Awake & Alert* is the only Hemi-Sync tape field tested in this manner, but others will be forthcoming.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.

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